

77

Ways to Reshape Your Life

**Rapidly get the body
and life you always
thought you'd have**

Jean-Pierre de Villiers



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*Rapidly get the body and life that
you always thought you'd have*

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Acknowledgements:

Theresa Brady

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And my amazing friends!

...THANK YOU

Foreword

I am fortunate enough to be at the top of my game and an expert in my industry; and I am grateful for this.

I'm in the best shape that I've ever been, mentally and physically. Plus, I have the financial and personal freedom to choose to do what I want, when I want. But it hasn't always been this way...

I was always involved in sport. I played Rugby from the age of 7 and converted to road cycling at 13, turning semi-professional at 19.

Unfortunately, one thing I never had at that age was the right mindset, and I have no doubt that I could have achieved more as a cyclist if I had thought differently about myself. I would always begin each race saying to myself 'I want to keep up with the fastest guys' when, of course, I should have been saying 'I'm going to win this race'. It is absolutely crazy to look back now and realise that in every race for 6 years, I actually chose NOT to win!

Having such a negative mindset stopped me from reaching my full potential in my sport and in life. Because my family struggled financially, as a child it was very common to hear the words "Money doesn't grow on trees" or "Who do you think I am, Rockefeller?" I believe this helped mould a negative mindset which many people have, that I wasn't as good as other people who had more money. Growing up, it affected my confidence at school, with friends and girlfriends, and when competing in cycling - as if

you know anything about cycling, you'll know it's a very expensive sport. And so, for many years – proving that I was as good as everyone else became a major motivational driver for me.

At 20 I came to London and let's just say that my health took a back seat as I threw myself into another emerging passion, DJ'ing and partying!

As much fun as this was, at 24 I found myself disillusioned and unhappy with where my life was going. Luckily, I had a very good friend, Morne' Welgemoed, whose coaching and guidance helped me through this unhappy time, and helped me to find my true passion and purpose by focusing on the things I loved, one of which is Thai Boxing.

This process was a huge revelation as I realised that not only had my mindset led me to this unhappy point, but that it had held me back throughout my past. I had never fulfilled my potential in life, simply because of the way I thought. By changing my own mindset, the way I viewed myself and the World, I realised that anything is possible. I found I could not only dedicate my life to doing something I love; but I could also help and inspire others to do the same.

And so I found my way back to sport, and the health and fitness industry. It was through this process of change that I realised the only thing stopping me from being the best I can be, was myself. By completely turning my life around and becoming very successful in my industry, my passion and purpose in life is now to inspire and motivate people to do the same and believe you can make anything possible.

The purpose of this book is to allow me to get this message to as many people as possible regardless of where they are in the World. I would like to thank Katie Reid for helping to write this book and get my message across in the most comprehensive way.

I truly believe that you will reshape your life by reshaping your body and mindset.

*“Whether you think you can or can’t,
either way you are right”*
- Henry Ford

I've written this as if I'm having a conversation with one of my clients; it's as simple and as uncomplicated as possible. You don't need to know every biological function of your body to be able to make changes and I'm not here to lecture on physiology or psychology.

I just want to offer the support and advice I've been giving my clients over the years to a wider audience, and pass on the tools for change.

Reshape Your Mindset

Everything you wish to change in your life begins with a change in how you think. For you to experience external changes in your body and lifestyle, you must first go to the point where all your choices and actions begin. And that place is inside your own head.

Some of you might have been surprised to open a book written by a Personal Trainer about changing your health and body, and find the first section to be about what is going on in your head rather than in your stomach. But, for you to significantly change your body, the most important place you need to start working is in your mind.

Every thought you've ever had about yourself and the World has led you to this place, and every belief and habit that you have grown and nurtured in your mind has led you to the body you have now and the relationship that you have with it. This section looks at techniques to help you approach your life, your body and your health in a more positive way, boosting your self-esteem and happiness. Change and transformation can be a difficult and sometimes painful process, but we all deserve the chance to be our best and to live in a healthy body that we cherish and appreciate.

Whatever's stopping you right now from being as healthy and happy as possible – whether it's a negative opinion of the gym or of yourself, the guidance in this section is here to help change the way you think, and move away from the mindset that is holding you back.

There are literally thousands of books, articles and theories you could spend your life reading - telling you what to eat, on what day, and how to exercise, without ever dealing with the most influential factor in your choices and behaviour: how you think and feel about yourself.

If you are truly ready to Reshape your life and you want these changes to be permanent, your journey must begin with a change in the mindset that has brought you here in the first place.

“What we think, we become”
– **Buddha**

1. Be thankful for what you already have

You are searching for certain things to make your life better, but what do you already have that you should be grateful for? What in your life works or is good already?

By focusing on what you already have you will increase everything that is good in your life. And by incorporating gratitude into your everyday attitude you will find that the things you want come more easily. It is important to find perspective and begin to make your mind a place that is free from negativity.

When I'm having a tough day or I've been so busy I feel like I can't get a break, I sit down and read my gratitude list, and 10 times out of 10 I feel fantastic by the time I've finished reading it!

Sit down, right now! And write a list of all the things you are grateful for and read it every day, the feeling that you generate from doing this will empower and inspire you.

I am grateful for....

2. Start your day with a smile

This not only affects you but everyone and everything around you. Have you ever heard someone say “Ugh, I woke up in a really bad mood this morning and everything has just gone wrong from then onwards.” This is because they’ve taken the choice to start their day in a negative way and they’ve only attracted more negativity as they’ve gone along.

The way you CHOOSE to start your day, will be the way you live your day. So start it in a positive way. Read your gratitude list, think of someone or something that makes you laugh, or get the radio pumping, whatever it takes to help start your day in a positive way!

Did you know, it takes more facial muscles and creates more wrinkles to frown than to smile?

Choose your day!

3. Know what you want

You have to be absolutely clear about what it is that you want.

The less defined your goals are, the less dramatic your results will be. The more sure, definite and focused you are on exactly what it is that you want, the easier it will be to get there. And once you have the what, it really, really helps to know the why!!

4. Focus on the why

When focusing on what you want, many people get bogged down by the ‘how’ when all you really need to focus on is the why.

How anything is made possible is a mystery. How many times do you think someone has been told that what they want is impossible, only to prove everybody wrong? Man walking on the moon, man constructing tonnes of metal to fly like a bird, and a South African prisoner of 27 years becoming President are all testimony to the will of man to make the seemingly impossible, possible.

Why you want to change is the how you will change. Whenever you feel yourself struggling, simply ask why do I want to do this, why am I trying to change myself?

If the why is strong enough, the how will take care of itself. I want to change.....

The reason I want to change.....is.....

5. What are your distractions?

You know what you want, you've most likely wanted it for a while and yet it's still not happening. You're distracted. Despite your desire to change or achieve something, there's always an excuse not to. Friends? Time? Money? TV?

Make a list of the people and things that distract you. Knowledge is power and in recognising your distractions - you will find yourself more able to lessen or avoid them.

6. What are your disappointments?

You have already decided that you want to make a change, that's why you're reading this. But why do you want that change? What is it about your body, your lifestyle and your mindset that disappoints you at the moment?

Write down a list of the things that disappoint you right now in your life. Let this list become your motivation to make a change. By writing it down you are admitting what is wrong and facing it head on.
My disappointments.....

7. What will happen if you don't take action?

This is pretty self explanatory, right?

Take a moment to consider what will happen to you in the next year and the next 10 years if you do not take action now. As they say, it is easier to live with the regret of the things you did do, than the regret of those you didn't.

And in this circumstance I can guarantee that you've got nothing to lose except your excess baggage!

8. Write a letter to yourself

For you to take action, you need to be held accountable. How many times a week do you fulfil obligations and meet deadlines for your boss or other people?

Hold yourself accountable to yourself, right now. Write a letter promising yourself of the action you are able to take at this moment to begin generating a change.

I promise myself that from today....

9. Identify what you're good at

No one is good at EVERYTHING. Rather than get down about the things you aren't good at, focus on the things you are good at. This will not only make you more productive, it will boost your self esteem. Recognising the things you excel at will move your life in the right direction.

10. Prioritise the things that you most enjoy

What do you love? Doing things that you love naturally generates good feelings and energy. For me personally, the activity I love most is Thai Boxing, so I actively choose to make as much time as possible in my week to box. This has a knock-on effect on my entire week, lifting my mood, my energy levels and my positivity.

Recognising what you can do more of to generate these feelings for yourself will have a noticeable effect, not just on your body but on every aspect of your life.

11. Love what you do!!

Every morning I wake up and do what I love, this is a huge part of why I'm so successful at what I do... and that is why this point is so important!

To have a truly successful life you need to have more than just a healthy bank balance, you need a healthy body, healthy relationships and a healthy lifestyle.

Find things in your life that you love and that fulfil you, be it your career or your hobby, you HAVE TO find and FOLLOW your passion.

*“A successful life is one that is lived through
understanding and pursuing one’s own path, not chasing
after the dreams of others”*

– Unknown

12. Everything is your choice

This may sound blunt, but it's the truth:

You **MUST** take responsibility for your choices and your actions and for where that has led your life and your body. You have a choice to move on and move away from your past actions and behaviours, and to change your life for the better. Simply by choosing to read this book some change has already begun, but your continued success is in your own hands. It will be your choices today and every day in the future that will truly enable you to reshape your life.

The choices and decisions you've made in the past are not the complete sum of who you are today. The past is exactly that - in the past and you can and must allow yourself to move forward. Just remember, when it comes to your thoughts, your feelings and how you treat your body, you always have a choice.

“You create your own Universe as you go along”
– **Winston Churchill**

13. Believe that anything is possible

“Whatever the mind of a man can conceive, he can achieve” – W. Clement Stone

There are millions and millions of people throughout history and in the present day that have achieved extraordinary feats and faced unbelievable odds. An example that blows my mind is my that of Paralympic athletes. Can you imagine the level of self-belief that these athletes have? They could easily create enough excuses for not achieving extraordinary things in life, but they don't! Just like these amazing athletes, we are all capable of incredible feats if we allow ourselves to believe it.

The World is continually changing and developing through the imagination of men and women that have complete faith in their capacity to go where no one has been before, or to do what others say is impossible. So start today. Be inspired. Believe.

14. Trust your feelings

(If it feels right, it probably is!)

“Know thyself, love thyself, be thyself” - Delphic oracle. There are going to be times when you need to make big decisions in your life. Through the exercises in this book, it is likely you will be starting to feel closer to yourself and your ‘wants’. You may already be realising that to get what you want in some areas of your life will involve taking some risks. When driving at night, you can only see a few metres in front of you but you trust that the road will lead you all the way to your destination, just as you need to trust your own journey on your own path.

Listen to your heart and your instincts. In life we have to take risks as nothing comes with a guarantee, the best hope you have is to follow what you feel is right and trust that you know what is best for you.

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step”

– Dr. Martin Luther King

15. Have the courage to be stupid

Often it is the fear of how we look to others that holds us back and stops us fulfilling our ambitions.

I have a very special client whose story is the inspiration for this page. She is extremely successful in her career, but lacked a lot of self confidence. In 2011 she made the stupidest decision of her life! Having only ever exercised with me for a maximum of 60 minutes at a time, she signed up for an endurance event that was not only on the other side of the world but takes an average athlete 4-6 hours to complete.

Despite the difficulty and the many moments of self-doubt she did not give up. It took her 8 hours to complete. Stupid ...or Courageous?

16. Visualise

Your imagination is inspired by visual images; the more vivid the picture of what it is that you want the more tangible it will become. Having a clear mental image of yourself inhabiting the body/job/lifestyle of your dreams will literally programme your mind to take you there.

How many hours a day do you spend daydreaming? Now put that time to good use! Give your daydreams some focus and begin projecting what you want into the future that will soon be yours.

How to.....

Draw up a vision board. This is a board full of pictures, photos and even words of the things that you want, whether it's a holiday destination, new career, or a new body, surround yourself with positive, inspiring images of exactly what it is you want.

The more specific you are the better - make it absolutely clear and don't be afraid to think big. Put it out there with no limits - if you don't ask you don't get.

Buy something new. Something I use with my clients, specifically to inspire them to reach a fat loss goal is for them to buy an item of clothing that they aspire to wear. Hanging it somewhere they can see it every day and

imagining themselves in that sleeveless dress or new suit with their toned arms and flat stomach transports them into their future selves. Their ability to “see” that future is the most powerful step towards making it their reality.

The emotional response which that visualisation triggers within your mind and body is the foundation for all of life’s success. And the more times a day you can reinforce these pictures, the stronger they will become.

*“Imagination is everything; it is the preview of life’s
coming attractions”*

– **Albert Einstein**

17. Get rid of excess baggage

Staying focused on your goals is going to require a huge amount of positivity, especially when life throws you a curve ball. People or things in your life that are unsupportive or generate self doubt are always going to hold you back and for you to fulfil your potential and achieve your goals you will certainly need to leave behind some of your old habits ...or pals.

For many people reading, this will be very close to your heart and home, as often the people we consider our greatest supporters can, in fact be our greatest detractors. Like the book says, reshaping your life is a process of body AND mind, and you cannot overlook the importance of your environment and the people in it on shaping your future health and happiness.

Surround yourself with as much positivity as possible and lose anything or anyone that doesn't give you the happiness and support that you deserve.

18. Give less time to things (that do not fulfil or benefit you)

Unfortunately, at some point we are all involved with, or spend time around toxic people or places. Looking back at your distractions, are your friends one of those people?

If your goal is to lose fat and become healthier, and partying like a rock star is getting in the way of that, then you will need to make some changes. I'm not saying that you need to cut the fun people out of your life, but a big part of the change process is taking responsibility for your actions, and taking action in areas that you know need to undergo a change. This means giving less of your time and energy away to those "distractions" and putting it back into your wellbeing.

19. Follow people that have similar goals

It is said that you're most likely to end up having the same lifestyle and earning potential as the 5 people you spend the most time with.

Learning from others' experiences is one of the most beneficial ways of getting ahead quickly. One of the best things I have ever done in my life is getting a mentor. I have 2 people that I look to for advice and guidance; one is for my career, the other for health and fitness. I look up to them both and they have achieved things that I admire and aspire to. Having them here has meant I avoid making certain mistakes and keep on the right path towards my personal goals, as I always have someone to answer my questions and offer an educated perspective on my decisions.

Whatever your goals are in life; be they physical, emotional or career driven, try to find someone that you believe has reached that place you wish to be in. Hopefully you'll be able to think of someone close to home that you can get in contact with or ask for guidance, otherwise maybe it's someone in business or the media whose story you can read about and take inspiration from.

Either way, looking to others for help is a great tool in getting what you want, and hopefully one day you'll be able to return the favour for someone

else!

20. Learn from your mistakes (and move forward)

You have nothing to gain from beating yourself with that big stick called why the hell did I do that? BUT to move on you need to stop making the same mistakes over and over.

Failure is GUARANTEED, don't be afraid of it, it happens to everybody. Learn from it!

Without sounding too cheesy it really is a blessing if you can turn each failure into a lesson.

21. Life is a Rollercoaster

Everything changes. In fact, change is the only thing that is constant in life. We all experience ups and downs and you WILL have down weeks on your journey. The best way to get through it is remembering that it will not and cannot stay this way. Whatever goes down must come up, and as Dolly Parton says “If you want the rainbow you gotta put up with the rain.”

A rollercoaster with no ups and downs is after all just a train.....and where's the fun in that?!

22. Stop procrastinating

The only thing stopping you is YOU.

So what are you waiting for?

What is left to think about or decide?

The difference in life between people that do and don't get results, be it at home, or work or with their body is one simple factor. Taking action.

“To know and not to do, is to now know”

– **Stephen R. Covey**

23. Lead by example

It can be a very powerful motivator to take the focus away from you at times. Becoming a more positive and happier person not only affects you but everyone that you come into contact with, and the changes that begin inside you will begin to make a difference to everyone around you.

If there is something in your life that you are not happy with, take the lead and be the person that changes things. You will instigate change in people and situations by creating a change in yourself.

“Be the change you want to see in the World”
– Ghandi

24. Take 10 minutes to breathe

There are many types of meditation techniques, and I would certainly recommend that you explore as many as possible to find the right one for you. But, the simplest way is available to us all, at any moment in time. Take a second and breathe. Literally that is all you have to do. Stop what you're doing, stop what you're thinking, inhale and exhale. What do you feel? Relief, happiness, nothing?

That moment is meditation. And I believe that this is the best way to make meditation accessible and relevant to anyone's life. You don't need to spend hours sitting cross-legged in a dark room; you need whatever you can give. Be it one breath or 10 minutes of your day, take the time to acknowledge the moment you are in, as it is, without being weighed down by your judgement, schedule or regret.

Giving a moment of yourself to 'nothing' will in fact give you everything in return. With your regular practice and acknowledgment of just being in that moment you will experience clarity, calm, positivity and energy that you can take with you and use in the rest of your day and the rest of your life.

25. De-stress by keeping fit

This is where the mind and body sections overlap. You will find that moving your body changes the way you think and feel. At the moment, if you are using alcohol, cigarettes or junk food as a way to relax and de-stress, you don't need me to point out that is not the best idea!! In fact, in case you hadn't noticed these things all stress your body out more, raising your heart rate, raising your cortisol levels (the stress hormone that contributes to stomach fat) and winding you up rather than winding you down.

Exercise can and in fact needs to become part of the pleasure side of your life. Not just the pain! The benefits are not only to your body but to your mind, feeling better about yourself and reducing your stress levels will in turn reduce your body fat, so it's win/win all round.

26. Read more

(Says the man who has just had his book published!) Take inspiration from other's success stories and knowledge from other people's experiences. I always have a book on the go and I advise my clients to do the same. As long as I'm reading I know I'm always learning something new.

*“The man who does not read books, has no advantage
over the man that can’t read them”*

– Mark Twain

27. Be a student for life

Always be hungry to learn more. The moment you feel like you have nothing more to learn or experience is the moment you stop living life to the full.

Never be willing to stop learning, or think that you know everything. You can never know enough, and in this case the more you get to know about yourself the better equipped you will be to get to the root of exactly what it is you want and the best way for you to make that happen.

28. Get in early

Time management might sound a bit dull but it will change your life!

Start small, if you can get to work 10 minutes earlier each day, starting your day ahead of time, finishing your day on top of all your targets, finishing your week without the stress and strain of being behind schedule, how would that feel?

You will see that this very small change will make a big difference.

29. Set yourself goals

Setting down your goals on paper brings your hopes and aspirations one step closer to becoming a reality. Writing them down allows you to physically see them and you begin, sometimes just on a subconscious level, to determine how you can make them happen. By staggering your goals from short to long term, your biggest and wildest dreams become more achievable as you are able to see the process that can get you there one step at a time. This is aided by the sense of achievement along the way as you reach each of your weekly and monthly goals.

This is a motivational tool that I use myself. On the 1st of January every year I sit down and write out my goals for that year, breaking it down into 4 quarters, and every 3 months I focus solely on my goals for that period, that then lead me to and set me up for the following 3 months.

**Reshape
Your
Body**

You are built, designed, created to move.

Every element of your body's structure and programming is exactly engineered for you to be able to fulfil every action and task you could ever need or imagine doing.

From the involuntary beat of your heart and expansion of your lungs, to the elephantine memory of your muscles that have learnt your every habit and the never ending capacity of every neuron, cell and fibre to adapt to any dream or challenge. You are completely equipped with all you will ever need to achieve anything you want to.

But...it really is a case of use it or lose it. The less you work your muscles and organs the less capable they are at doing their job. And no doubt in today's World of demanding career, social and family life, it's easy to convince yourself there is not enough time in the day to fit in exercise.

This section is here to explain the best ways to make regular exercise part of your life, the secrets to getting results in the least amount of time and to inspire you to feel that moving your body is such an essential benefit to your mental and physical well being, that you literally cannot live without it.

30. MOVE!

It may not feel like it during your first few training sessions, but your body is designed to move! These days we are more sedentary than ever and the detrimental effects of this are becoming increasingly apparent throughout society, from postural problems, to weight gain and depression.

The more active you can be every day the greater benefits you will see in how you look and feel. These benefits go beyond reducing fat, and include improved mobility, flexibility, mood, energy levels and all the wonderful life changing benefits that these improvements bring. We constantly rely on machines to do things for us and to get us from A to B, but your body is a machine as well, and for too many people it's being left to deteriorate through neglect. Walk, cycle, swim, run, MOVE.

Get active every day of your life, at every opportunity and in every way imaginable and begin to appreciate your body for the amazing piece of engineering that it is.

31. Take up the art of fighting

Whether it be Boxing, Muay Thai, Brazilian Jiu-Jitsu or Thai Chi, taking up a Martial Art is one of the best ways to combine the training of both your body and your mind. Every session incorporates the learning of new skills and the need for you to push yourself physically beyond your comfort zone, whilst constantly thinking on your feet.

For many years I have been going to Thailand to train in Muay Thai camps and compete in professional fights. The experience keeps me focused on my passion, and pushes me mentally and physically beyond my limits. This time for me is about far more than my physical fitness. Practising this art, constantly training beyond my comfort zone, pushing my body and mind, gives me the confidence and persistence to attack any challenges that life throws at me and I apply the discipline I learn in the ring to pursuing all my goals and ambitions.

With most of my clients I use Martial Arts during their sessions as not only is it an unrivalled cardio workout that completely shreds body fat, but I guarantee they leave the gym on a complete mental high!

32. Do Functional Training

Functional Training is the most fun and effective way to lose unwanted body fat. It is about training the body in the same way that it is designed to work in life, using the whole body as one unit. Exercises mimic daily activities like walking, sitting and standing.

If I said that an 80 year old woman and a professional body builder should be practising the same exercises, you would probably think I was mad. But it's true. To be competition fit, a bodybuilder will need to practice his squats; the same movement that will help an elderly woman bend down safely to pick up the keys she has dropped. In both cases it's the same action and muscles that need to function, just a different load to be carried.

The even better news for you all is that not only does training in this way make your body safer and more effective, but by using those big muscles in your back, butt and legs as they are meant to be used - you will be firing them up to burn more fat. We are constantly being reminded that today's sedentary computer based lifestyle is taking us further away from being as active as we are designed to be. Incorporating functional work into your exercise regime, moving your body in multiple directions and using many muscle groups at one time is the most efficient way to counteract the phenomenon of our sit down culture.

And if this is not motivation enough, Functional Training activates and targets the core muscles, abdomen and lower back, giving you better balance, stability, and decreasing your risk of injury in sport and in life.

33. Do Interval Training

Interval Training is the best method for losing body fat. Interval training is doing short burst of high intensity exercise, followed by rest periods of low to medium intensity exercise. Many of my clients come to me frustrated by the hours of work they put in on the treadmill or cross trainer without seeing results, and this is because of one simple fact. LONG SLOW CARDIO DOES NOT WORK FOR FAT LOSS.

If you're training for an endurance event then go for it, spend 4 hours jogging on the treadmill or 2 hours mincing on the cross trainer but if you want to lose fat, and if you want to train with me those slow cardio days are a thing of the past!

NEWSFLASH! Your body is lazy! You need to push it out of its comfort zone to get results.

A great routine to get you started would be as follows:

Warm Up for 4 min

Sprint for 40sec (x8)

Rest for 1min between sprints

Cool down for 4min

Training this way will not only boost your metabolism and burn off extra fat, but it will also supercharge your fitness, health, speed and stamina. Wouldn't you like to lose more fat by doing less exercise???

Interval Training is proven to be the best method for losing fat. The secret is not about calories burnt during your workout, it's about calories burnt AFTER your workout, and with interval training you are burning calories for up to 8 hours after you stop training.

34. Weight training

There is still a massive misconception that weight training is only good for bulking up and increasing your size, when in fact it is a vital way to train for all body composition goals, losing fat, becoming more toned, and improving posture.

It kills me to see people, especially women; shy away from weights because they think they will get a bulky shape. My leanest female clients all follow a consistent weight training programme, and I can guarantee those buff celebs splashed over the pages of magazines are all using weight training as part of their routine. Any Personal Trainer worth their qualification knows that weight training creates muscle tone and burns huge amounts of calories during and, importantly, after training, the combination of which leads to a lean, fit body shape.

Of course, there are ways to weight train that increase muscle size, but if you want a long, lean shape, then you just leave those 45kg dumbbells to the big boys!! Weight train 3 times a week, and watch the fat slide off, your butt perk up and your arms go from lardy to lean!!

But to be clear you have to work at a very high intensity. My leanest clients, both male and female, are sometimes close to tears during their workouts, but they love their training, and keep coming back because they see such

incredible results and they've learnt that this is what it takes to get the strongest and leanest looking body.

35. Use the 1-10 scale (to measure the intensity of your workouts)

Working with my clients I get them to constantly refer back to a scale of 1-10 to assess the intensity level at which they think they are working.

For example most people want to give up at the point they believe they are working “really, really hard” however if they then think honestly about where on the scale they’re at often they say 7-8 out of 10. Here’s the hard fact, working at this intensity level is not going to get the results you want. You need to make sure that your short bursts of high intensity exercise are performed at, at least 9 out of 10, and when resting you want to be working at 5-6 out of 10.

Work to rest ratio should be 1.5 times the duration of the high intensity exercise. Therefore if you sprint for 30secs you want to rest for around 45secs. It helps to remember that during your workout you are pushing yourself beyond your comfort zone, BUT it is for less than an hour out of your whole day, so give it everything you’ve got.

36. Have the right training program for YOU

For you to get the best out of your workouts quite frankly you need to know what you're doing. You need to know what weights you should be working with, the number of reps, the order of your exercises, and the intensity level. These are some of the key factors that will literally make or break your workout.

In short, at some point you are going to have to take some professional guidance, whether you decide to get a Personal Trainer, have a programme designed for you by your local Gym Instructor, or attend classes, like I mentioned before - Knowledge is Power, so don't put off asking for help. Most of us didn't teach ourselves to drive or read unassisted, someone who already had these skills showed us how to do it correctly and with these tools we were able to practice independently. Exercise is exactly the same.

Why are you making it up as you go along when an expert can show you everything you need to know to get the results you want in the quickest time.

37. Use the 5 movements (that guarantee optimum fat loss)

By now, you should be starting to realise that whilst there is a wealth of things you can do by yourself, to really get the best from your workouts you will need professional guidance. However, some points for you to think about when training on your own are incorporating these 5 movements to ensure you are using all your muscle groups, creating an evenly balanced and symmetrical body.

The movements are:

“Double Leg” E.g.: Squats, Box Jumps, Deadlifts

“Push” E.g.: Chest Press, Shoulder Press, Tricep Dips

“Single Leg” E.g.: Lunge, Step Up, Single Leg Squat

“Pull” E.g.: Pull Ups, Chin Ups, Bicep Curls

“Abs/Core” E.g.: Leg Raises, Mountain Climbers, Woodchopper.

38. Keep your workouts short and intense

You now have 2 examples (interval training and the 1-10 scale) of how it is intensity over time that will give you the best results. I am a successful businessman with little time on my hands, and I'm still in the best shape I've ever been in my life, and this is down to short intense workouts. I get in, get it done and get out. My workouts are never any longer than 30 - 45mins.

The knowledge of HOW to train lets you in on the secret that all people should know: The best way for you to get the body you want is by spending less time in the gym.... and that is an equation that we can all be excited about!

It's simple, don't mess around and you'll get results. What you save in time you need to put back in effort and intensity.

39. Make it FAST, make it FUN, make it FURIOUS!

Pretty self-explanatory, right? Fast and furious we've covered (you know what you need to do!) but arguably the most important of the 3 is making it FUN!

The more you enjoy something the longer you want to do it for and the more effort you'll put into it. When taking on new clients I always take the time to find out what's important to them and makes them tick. Knowing this allows me to work in a way that brings out the best in them in every session.

Amongst some of my clients I've earned the nickname Tigger, as you'll often find me in the gym dancing, singing and making a fool out of myself...after all, training hard is much easier with a smile on your face!

40. Give 100% from your first set

Don't save yourself for your last set!!! Every set you do has to be to the point of failure. If you intend to do 10 reps, and find you are able to complete the last repetition at that weight, you need to increase either the weight or reps until you are working at a level that puts a greater strain on your muscles.

I've heard this a million times in the gym; people drop their weights when I can clearly see they've got more to give. With this mentality you will never get the results you want.

It simply doesn't make any sense to do a few lacklustre sets and then give your full effort at the end. To maximise your workout and your time efficiently you need to give your maximum effort from the first set. For your body to adapt and change, you need to work it under pressure and to the point of failure. Push yourself from the start and if you find you can't even complete that final set you know you're working at the right level to see significant changes and development.

41. Get to below 20% bodyfat

There is a lot of conflicting information on what is a healthy weight or size.

Many people use BMI as a guide to health, which can be very misleading as it works solely on your weight, without making a distinction between whether that weight comes from muscle or fat. It's the percentage of fat and where you are storing it that is the problem. Excess fat is unhealthy and is the prime factor in most people's dissatisfaction when looking at their body.

The healthiest range for adults is for a male to be under 20% and for women to be under 24%. To be clear, this is for you to be HEALTHY; this is not about aiming to be super skinny or 'ripped' like an athlete. It's about sustainable life changes, which fit in with your other priorities yet enable you to look and feel amazing for the rest of your life.

42. Consistency is key

Put simply, working out needs to become a part of your life, for the rest of your life. A few 'good' weeks followed by a week off are going to see you losing hard earned results and most likely your motivation. Just as you clean your teeth every day and do your grocery shopping every week, your training needs to become a consistent part of your routine if you are to gain and keep the body you want.

The choice that 'fit people' make to look after their bodies for life, not just their holiday or wedding, is a choice you can make too. And it is do-able for everybody regardless of your commitments or lifestyle, but you must decide that now is the time to incorporate these changes.

You don't wake every morning and question 'Should I clean my teeth today?' And from now you should approach your training in the same way.

43. Variety...is not only the spice of life

Your body is designed to adapt to different conditions, workloads and physical challenges, and it does its job very well. However, no challenge equals no adaptation. Once your body has made the progressions it needs to cope with that 60kg squat or that 1 minute sprint, it will remain at that level, causing your fat loss and muscle tone results to plateau. Until of course you force it to make changes again by setting new challenges, -new exercises, increasing your weights or the speed at which you run.

This is the only way you will continue to see results over a prolonged period, and get your body from fit to REALLY FIT!! Remember, if your workout is comfortable, you are not going to make changes or get results. Simple!

44. Change comes through adversity

...and this is as true for your body as it is for your life. Without a challenge to rise to, your muscles will not be forced to get stronger and your heart and lungs will not be forced to get fitter. In short, without the stress of a task that is unachievable your body will stay the same.

I always emphasise this point to my clients. Your body is where it is now as it has adapted to the level of stress you have put it under so far. If your workouts are performed at an achievable level and you can complete them comfortably, your body has no need or desire to change. Like anything you do, your workouts involve a series of messages sent between your muscles and the brain, and it is only when you put yourself under strain that these messages begin to say ‘SOMETHING NEEDS TO CHANGE!!’

This is the moment you set yourself on the path to become stronger, fitter and leaner!

45. Work out at least 4 days a week

3 days out of a week is less than half, whilst 4 days out of 7 is almost two thirds, and for your body and your results, that is a significant difference.

As you will be starting to realise from the earlier points, this does not mean being a slave to the gym for hours and hours. Smart workouts get the best results and do not take a long time. But if you can train for 4 days (instead of 3) you will increase your fat loss results by up to 30%...and that has got to be worth fitting in that extra session for!

46. Rest between workouts

It is during your rest periods that your body is repairing and strengthening the muscles used during your workouts, effectively using this time to make them stronger and fitter.

This is important, not only for their strength, but it is the muscles that are working to burn away fat whilst you are training AND resting.

This is why I always advise my clients to never work the same muscle group on 2 consecutive days; the rest is just as vital for results as the workout itself.

47. Don't skip workouts

If you have made a decision or promise to yourself to train, then stick to it. No matter how tired you feel, keep your commitment, because saying no once has a bigger effect than you realise. Backing out, giving up, not bothering, once makes it much easier to give up the next time you don't feel like it...and then the next time too, programming your mind for excuses and failure.

Even if your workout is shorter or easier than normal, something is better than nothing, and you will be creating a pattern of behaviour for yourself that is geared towards consistency and success. If you're having one of those days, (which we all do!) don't even allow yourself time to debate, just go, do it and get the job done. Once you get going you'll be surprised at how your attitude changes when those endorphins start pumping!

48. Track your progress

As I've mentioned before varying your workout and setting yourself new challenges is a key part of your progression. Keeping track of what exercises and weights you are doing in each workout will enable you to increase the workload during your next session and generate better results.

This is also an incredible motivational tool, by accessing just how much you've improved and setting new goals to work towards you can maintain the energy and excitement in your training. Never underestimate the power of the competitive spirit, and being in competition with yourself will push you that bit closer to the body you want.

Now go kick your own ass!!

49. Workout at the right time for you

This goes hand in hand with finding forms of exercise that you enjoy and making your workouts fun. Some people like to train in the morning, some at lunch, some in the evening... Finding the time that works best for you will not only mean you're naturally working out at a time where you have more energy, but you'll be far more likely to stick to your schedule throughout the week.

50. Listen to music

FACT: music=results

Listening to music whilst you train increases your enjoyment, the amount of effort you put in and the length of time you work for. Every task is more fun when playing your favourite tunes, so use your workout as an opportunity to put on the music you love and feel fantastic listening to.

I do this all the time; my best workouts are done listening to music. I enjoy the time more, which helps me push myself harder, leading to better results.

51. Get 8 hours of deep, dark sleep

Many people underestimate the important role sleep plays in reducing body fat. We all talk about how a lack of sleep effects our mood or energy levels, but how often do you hear someone attribute their spare tyre to a lack of good sleep. But it has exactly that effect. And this is due to a combination of factors.

Whilst sleeping your body is producing growth hormone to repair and rejuvenate every cell and muscle that you are using during your workouts to get you on the way to that lean body. A lack of this process will diminish your results.

Sleep is the time your body is able to completely de-stress, and an accumulated period without this opportunity leaves your body super stressed which is a huge contributor to weight gain.

And last but by no means least, what's the first thing we all reach for on those moody, grumpy sleep deprived days? Sugar and carbs.

52. Know your Biosignature

BioSignature Modulation is a cutting-edge, non-invasive fat loss and wellness program developed by world-renowned strength coach Charles Poliquin (www.charlespoliquin.com).

The method is based on the correlation between body fat storage and possible hormonal imbalances. Hormonal imbalances are often the culprit of stubborn body fat storage and other health concerns including poor sleep, low energy, impaired cognitive function, and more. The BioSignature method focuses on addressing these imbalances to improve body composition and overall wellbeing!

Through specific body fat measurements and client assessment, BioSignature practitioners recommend an individualised program of nutrition, supplementation, and lifestyle modifications based on your unique BioSignature. It is a safe and natural solution to losing stubborn body fat and achieving wellness – and ultimately, a higher quality of life!

Whether you are a professional athlete, business executive, or a stay at home mom – BioSignature can help!

BioSignature produces real, noticeable results – and fast. It is not uncommon to see results in as little as two weeks! Unlike other methods of

fat loss available today, with BioSignature you will see improvements in many other areas of your life too. Participants commonly report increased mental clarity, improved quality of sleep, higher energy levels, and better moods.

You can achieve all of this WITHOUT unsafe fat loss pills, hours of aerobic work, or unhealthy diet plans! Find out how you can get started with this effective and innovative approach to a leaner and healthier you by going to my website www.reshapecoach.me.uk

Ok, now you know what to do to Reshape your Body. Here are some exercises to get you started straight away. Remember, the best time is now!

What changes can you make to your daily life that will allow you to move more? (e.g. use the stairs at work, walk to work)

What action plan are you going to put in place to Reshape your body? (e.g. What times and what days are you going to exercise every week)

What workout program are you going to follow for the next 12 weeks? (e.g. interval weight training, yoga, boxing)

How are you going to track your progress? (e.g. get a Personal Trainer)

Nutrition

Changing your nutrition will have the most profound effect on your body and your health for the rest of your life. Over consuming food and unhealthy fats and sugars not only leads to the external storing of fat that you see in the mirror, but internal fat stored around your vital organs leading to most of the diseases we as a society are battling against today. Therefore, I cannot over state enough that to change your body and your life, taking care of what you eat is a HUGE priority!

In this section there are a range of points, most are dedicated to smaller changes that require longevity and are intended to become lifelong changes that you develop and maintain. A few others are taken from the initial phase of training I do with my clients, where we are aiming to jump start their bodies and instigate dramatic changes in their fat loss.

It is essential you understand it is a combination of these things that will get you the best, and more importantly most sustainable results. The weightloss industry is notorious for people yo-yoing in unhealthy cycles of cutting certain foods and then reverting to unhealthy eating, without ever changing their lifestyle or habits. This is not something I encourage or endorse at all. This book is here to uphold all the work I do with my clients, which is to motivate them to make lifelong changes and provide the tools they need so they will never feel out of control of their body ever again.

53. Keep a food diary

I always ask my clients to make a food diary, and the majority are shocked to see what they're eating on a daily basis. This is no surprise considering the work schedule and subsequent lifestyle they lead, but acknowledging this is a great step to begin putting your body and health first, and getting your nutrition on track!

Seeing in black and white exactly what you're putting into your body can be a tough wake up call for some people, but it's the first step to changing your nutrition. Only once you've seen exactly what you're doing wrong can you start to make it right.

54. Become a Caveman/ woman

‘If it walks on land, swims in the sea, or comes from the earth, it’s probably good for you’

The food that you see on the shelves is not there because it’s good for you; it’s there because it makes money. The food industry is a multibillion dollar machine, designed to get you to spend your money on brightly coloured packages full of addictively fake foods. Each time you go shopping you need to ask yourself “Would this food be available to a cave man?” Eating in this way is called the Paleolithic or Paleo diet and in all my experience, training and exploration of different practises within the health and fitness industry, is the best way to eat for a healthy lean body.

When I am training for a fight and need to get as lean as possible I always follow the Paleo diet, and whilst my clients initially fear giving up their cakes and scones, they all experience the benefits very quickly by changing to this way of eating and living.

We could all benefit from opening our eyes to the media and industries that are affecting our food choices and taking us further and further away from a natural and healthy way of life. Going back to the days when fast food meant sprinting after a wild boar, could do everyone’s waistline some good!

55. Eat a high protein diet

Without getting too technical, your muscles are made of protein, water and blood, so for them to repair, become stronger, and do the best job of making you leaner, you need to consume enough protein in your diet to help them do their job well. Protein contains the building blocks for your muscles to become stronger; which in turn contributes to the amount of fat you burn. So, when I say protein is an essential factor in the fat loss process - I mean it.

I've noticed amongst many of my female clients that the idea of consuming more protein is seen as detrimental to creating a feminine shape.

Somewhere between the Atkins diet and protein shakes, the idea of a protein rich diet seems reserved for muscle men or unhealthy extremists, but it is in fact an essential part of making your body leaner and healthier. I believe this misconception is partly due to the fact there is still a huge lack of understanding amongst women about the importance of weight training to develop a fit, lean body....that is not huge and bulky! It takes a huge amount of work and effort for a woman to 'bulk up', which the average woman, following a weight training programme will not be able to do. By avoiding these exercises all you are doing is making it more difficult for your body to burn fat and become toned.

56. Eat protein with every meal

It is essential that you know how much protein to consume for your own body, and this can be calculated very easily. Convert your body weight in pounds into grams and you have your necessary protein consumption for the day. Eg: If you weigh 140 lbs you will need to eat 140g of protein per day.

If you do not give your body the protein it needs it will take it from the next available source, which is your own muscles. The effect of your body eating away its own muscle will mean a reduction in your fat burning ability. Less lean muscle = less fat burnt. So ensure you top up your body's protein levels at every meal.

To become familiar with the levels of protein in your food you are going to have to start reading the labels, for example an average 150g chicken breast will contain approx 20-25g of protein. So start paying attention to what you're putting in your body.

57. Eat every 2-3 hours

Keeping your metabolism high is a prime factor in burning fat. If you leave long periods between your meals your metabolism will drop, leaving your body less able to burn calories and instead storing them as fat. Everything about the way your body functions is designed for your survival, so long breaks between food will leave your body thinking there is a lack of food available so it is necessary to store calories and fat to ensure you don't starve to death. Eating regularly reassures your body that there is plenty of fuel to come throughout the day, your calories will be burnt off and your excess fat lost.

Breakfast literally means 'breaking your fast'. After such a prolonged period without food, your body needs fuel as soon as you wake up. Starting your day by firing up your metabolism and keeping it burning by refuelling regularly, will turn your body from a sluggish fat storer into a fat burning machine! Just imagine your body as a steam train, and your metabolism as the engine. To work at full power and high speed you need to regularly feed the furnace and keep the fire burning!

Great news, huh? To have the body you want, you must never go hungry!

58. Eliminate sugar from your diet

Sugar in your body is a double whammy hit of flabby fatness!

Firstly, by generating a reaction in your body (the release of insulin into the blood stream) that stops existing fat stores being used for energy, and secondly due to the high calorie content of sugary foods that your body struggles to burn off, you store additional fat as well. 2 rolls of fat for the price of 1, great!

I'm going to be brutal here. I don't like to go on about calories but for the sake of this point I'll say, it takes A LOT of working out to burn off calories. One chocolate bar will take you between 40 & 60 minutes of medium -high intensity training to get rid of. So you can see how much easier it is to just begin controlling what you put in your mouth in the first place. You want to get rid of the existing fat you already have, so don't make life harder for yourself by adding sugar to your diet.

I had a great experience with one client, whose food diary was FULL of sugar! Each day he was eating chocolate, crisps, biscuits, Coke and sugary tea and coffee. His goal was to lose 10kg. For the first week, we didn't even train, he simply had to go away and cut out sugar for 7 days. The following

week he came to our first session with a HUGE smile on his face, he'd lost 2kg....and hadn't even broken a sweat yet!

59. Cut down Carbohydrates

We have become a society completely consumed with eating unnaturally created, carbohydrate heavy food, that is neither healthy nor beneficial for our bodies. People are under the illusion that you can't survive without eating carbs, and this is just not true, they seem to believe that without pasta and bread they will have no energy. However, healthy fats (avocados, nuts, seeds, oily fish) are much more effectively used and burnt as fuel and are more effective at stabilising your blood sugar levels, whereas unhealthy carbs generate highs and lows in your blood sugar, which has a detrimental effect on your energy and your hunger.

The body converts carbohydrates into the energy it needs for the day and stores the rest as fat, for use later. Continually topping up these 'energy stores' without burning them off leads to the fat you can see around your waist.

Eating healthy fat helps burn unwanted fat.

Carbs need to become a smaller part of your daily nutrition, rather than the base of your meals; a habit we have fallen into over the years, which has more to do with the consumer industry than what is actually right for our bodies. The carbs you do eat should be as natural and unrefined as possible and eaten earlier in the day to give your body time to use them, rather than store them.

60. Cut out alcohol

Alcohol is such an inhibitor of fat loss that during the initial results process it is vitally important that you cut it out of your life. Again, we're not talking about forever, but clients joining me on my 12 week fat loss programme are only allowed to sign up if they commit to 12 weeks without a drink. And I take this commitment very seriously. Years of working with numerous people with varied body shapes and lifestyles have proven one thing to me for sure; everyone's body responds best when alcohol is taken out of the equation.

61. Cut down caffeine

Increased stress within the body is one of the highest contributing factors for storing fat, particularly around the waist. Stress within the body shows itself as a raised heart rate and the production of the hormone cortisol, something that happens for emotional reasons, or when you introduce stimulants into your system, like coffee.

The catch 22 comes when you consume increasingly large doses of caffeine to help get you through your increasingly stressful days, overloading your body with stimulants that all lead to the same biological reaction: increased cortisol and increased fat. A simple swap from coffee, Red Bull and Coke, to green tea, peppermint tea and water will have a huge effect on your stress and fat levels. It may seem difficult at first, but reducing your daily intake to 1 coffee instead of 6 is a truly worthwhile adaptation to your lifestyle that will benefit you mentally and physically.

62. No fruit until you get the results that you want

Of course fruit is good for you, but in the initial stages of changing your shape and losing fat it is extremely beneficial to cut fruit from your diet for a limited time. This is due to the high sugar content of fruit, and the fact that a high sugar diet is one of the biggest culprits for why people are fat.

63. Eat LOADS of green vegetables

Your Mum was right; you need to eat your greens! Broccoli, cabbage, spinach, asparagus, cauliflower, kale and other green leafy veg are the best type of vegetables for helping you to lose unwanted body fat.

64. Drink lemon water in the morning

Drink a glass of warm lemon water every morning when you wake up. It detoxifies the whole body and brings all the toxins out. The temperature makes it easier for your body to get rid of the toxins.

65. Supplement your nutrition with Essential Vitamins and Minerals

Most of us are lacking the basic vitamins we need for our bodies to function at their optimum level. In an ideal world we would be able to get all we need from our food, but unfortunately what the average person is eating and the way our food is preserved and prepared, we could all use some extra help!

I always assess my client's lifestyles as part of their training process, and they are all lacking essential vitamins and minerals. In today's world we just have to face the facts that we are not giving our bodies the bare minimum of what it requires to be healthy. The first supplement I put ALL my clients on are omega 3 fish oils, and they ALL notice positive changes within 2 weeks.

66. Drink more water

Your body is made up of 70% water, which gives you some indication of just how vital it is to how your brain and body function. Poor training, and poor concentration when dehydratedleads to feeling tired, craving sugar, mistaking thirst for hunger.

67. Eat until you are no longer hungry....

....which is not the same as eating until you're full! Eating too much food is the number one reason that people are fat, it's that simple. In Western culture where food is constantly available and portion sizes get bigger and bigger, most of us no longer know when to stop eating, or even worse just continue eating when we feel full! Your body can only take in a certain amount of the nutrients that food provides at one time, like a tank if you over fill it the excess isn't absorbed it just overflows, and for you that overflow is stored as excess fat. Everything you eat above and beyond that overrides what you actually need, and is being stored as fat around your body.

I always talk with my clients about the fact that we're the only animals on the planet that have set 'meal times' where we sit down and consume large amounts of food. Through civilisation this has become the norm, but that does not mean that it's natural or beneficial for our bodies.

68. Go Organic

There are up to 5 times more nutrients in organic food than in the un-organic options. One of the biggest mistakes people make with regards to nutrition is not eating good quality food.

Think of your body as a car... in order for a car to run smoothly and efficiently it needs good quality fuel, just like your body needs good quality fuel in order to work at its optimum level too.

I use this analogy with my clients all the time. If you bought an expensive car, that you worked and saved hard for, that you absolutely love; it's like a trophy to you. Your baby, so to speak! When you need to put petrol in your beautiful, shiny highly valued car, are you going to go for the junk brand low quality fuel, or the crème de la crème high quality fuel? It's a no brainer, right? When you value something highly you want to treat it in the best way possible and ensure its performance and longevity.

This is exactly how you should view what you put inside your body. Not only are you looking after and fuelling something that is worth a thousand Ferrari's, but it is the only one you are ever going to get.

Go Green and Get Lean!

69. Breakfast first thing and healthy

The way you start your day will have a huge effect on your mood, energy and appetite. Starting off on a sugar, carb caffeine high will see you crash and burn by 10am as your blood sugar drops and you start craving more of that sugar, carb, caffeine combo! Start the day with a good dose of protein and you'll feel full for longer, and keep your energy levels even throughout the morning.

Most recent studies uphold that the egg is breakfast gold! Full of protein, nutrients and already in a naturally portion controlled packet, they are a great start to your day, and easily combined with any number of veggies, fish, or rye bread to complete the perfect meal for your body's needs. Alternatively, if you still love your porridge just add extra nuts and seeds for protein.

70. The 80-20 rule

If you try to be good 100% of the time you will most likely be setting yourself up for failure. Being good 80% of the time keeps things balanced and give you room to be human.

71. Have a cheat day

It is completely unreasonable to imagine you will never eat chocolate, ice cream or cake, because who would want to live like that? And more importantly, who would want to live with feeling guilty for eating a certain food. You shouldn't have to associate guilt or negativity with eating something you enjoy, but you must take responsibility, because eating too much of those foods is bad for your health and body.

So, a great way to find a healthy balance is to factor in one day of the week where you can indulge in your favourite treats, knowing that you are still living in a healthy way, looking after your body and staying on track with your goals. Too many people approach their nutrition in a way that is so extreme that eating one chocolate results in a 'screw it' mentally and then they binge for the rest of the day. Whereas knowing that you are allowed chocolate and that on 'your day' you can consume these foods without guilt makes it easier to enjoy your cake and then get on with the rest of your life.

72. Don't eat after 7pm

As a lifelong change I'm not expecting you to uphold this forever, but what I'm trying to stress is that the more hours between your last meal and when you go to bed, the better. This, once again is due to the functions and design of your body. You have to remember that on a physiological level food is merely fuel, it's either used or stored, therefore if you eat close to bed time, when all your bodily functions slow down, particularly the metabolism, you WILL store that meal and you WILL get fat.

73. Stay away from microwaves

When you nuke your food it loses all its vitamins and nutrients, and basically acts as a convenient way for us to eat unhealthy food!

Microwave food is a convenience for your busy lifestyle, but an inhibitor for your healthy new start.

74. Progression to preparing meals

With a busy lifestyle and work schedule, many people find it very difficult to find the time to prepare their own meals, but like most things this becomes more viable when broken down into a process. I'm sure if you really thought about it you could find one day a week where you prepare your own lunch or dinner, and this is a great start! Stick with that one day for as long as it takes for that to become an easy task.... and then see if you can fit in another day.

Remember Rome wasn't built in a day, and changing your life one step at a time is the surest route to success.

75. Shop online if you don't have time

A few years back 'convenience food' meant something quick and easy that came from a packet. Low on time and effort, but heavy on calories, fat and sugar. Today, no matter how short on time we are there's no excuse to have a kitchen or diet full of this kind of 'time saving' food.

The internet has changed our lives completely, especially the way we shop. Everything is available to be delivered to our doors, from any supermarket or food store that you like, at the click of button. It can take you 10 minutes to fill your house with fruit, veg, porridge and fish...and you don't even have to leave your desk.

76. Tackling working lunches

Firstly, I completely understand that boozy lunches and dinners are an intrinsic part of your working week, and often vital to networking, securing deals and forging relationships with new clients. But your body is vital too!

The best advice I can give is that you approach your fitness in the same way you do your work, do whatever it takes to get the job done. Factor your training into your week with the same commitment you do your meetings, and before you say ‘Impossible!’ I know people all over the city who do this! If you want something, you make it happen. And the good news is that increasing your fitness and health is only going to benefit your energy levels, and offset some of the stress you are putting your body under each week with all that alcohol and rich restaurant food!

To help yourself along the way, choose the healthy options on the menu and don’t turn up starving so you get drunk and stuff your face; eat some nuts or lean deli meats before you head out.

Realistically, for most of you this means mornings are the best available time for training. So, rather than feel guilty about your night out, accept that it’s part of the job, then get to the gym the next day for a bloody good work

out. And remember, you can drink socially without getting raging drunk, so there's no hangover excuses allowed!!

77. Celebrate

Celebrating your progression is a key part of any long term commitment. Acknowledging and rewarding yourself for how far you've come and for each achievement along the way is a vital part of keeping yourself motivated, and your attitude towards your body positive. People attach so much negativity to their body and the daunting task of change that we often forget to enjoy our achievements along the way.

Celebrate every milestone reached and goal achieved, be it the courage you've found to do new things, the inches you've lost, or the week of preparing home cooked lunches. Book yourself a massage, buy a new outfit, or even give yourself the day off work. Treating yourself will inspire you to keep being a better you.

By celebrating good feelings you will attract more good feelings.

“I want this book to help transform the lives of every person that takes the time to read it and implement the changes that it contains. And I believe, completely, that this is possible.”

- Jean Pierre de Villiers

You've made it!

Now that you've read all three sections of the book, I want you to write down the 5 things you can begin doing NOW that will immediately start you on your journey of reshaping your life. I'm not asking you to change the world in a day. I'm only asking you to focus on 5 things for now.

This will be different for every person, but make sure you write down the 5 things that you KNOW you'll be able to put into action straight away.

Remember, the only thing that is holding you back is YOU.

So, go on - make things happen!

Train Hard, Eat Well, Live Easy.

A final word from me

Years ago I began to learn and practice the tools that helped me to turn my life around. Of course I hoped and intended dramatic change, but I don't think even I realised how great the transformation would be, or how passionate it would make me to help others. At this point in my life and career I feel there is nothing more important than passing on these words and tools to as many people as possible, and it is my greatest hope and determination that this book helps you find the happiness and love for life that I have.

I want this book to be an inspiration. I want this book to help transform the lives of every person that takes the time to read it and implement the changes that it contains. And I believe, completely, that this is possible.

Everything in this book has come from my own journey and transformation, and I want to pass on these tools to everybody so they can experience the dramatic changes to their life and happiness that I have.

I know some people might not believe any book, let alone one so small can transform your life but I am the proof that it can, and I feel so strongly that I want to make this chance available to anyone regardless of their financial situation or where they are in the World. I may not be able to train or speak

personally to everyone, but within the pages of this book I can educate and inspire anyone in the same way I do my clients and friends, and in the same way I have been inspired myself.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?”

**Taken from ‘A Return to Love’
by Marianne Williamson**

About the Author

Jean Pierre de Villiers, also known as the Reshape Coach, is a Personal Trainer, Muay Thai fighter, Author and Speaker. He is passionate about reshaping people's experience of living by reshaping their bodies and mindsets.

He works with professional and creative people in London who want to get the most out of their life.

JP uses his own story and life experiences to inspire people to make and sustain massive positive changes in their life.

He's a successful Personal Trainer and has exceptional expertise and qualifications in his field. With 15 years in the industry he guarantees that the clients he works with have the most fun ever while losing unwanted body fat at the same time.

He consistently delivers results through martial arts inspired Personal Training, Lifestyle Coaching, Speaking, through his products and through writing for various publications.

JP is known for inspiring people with his enthusiasm and for delivering experiences that are fun, fast, and furious, leaving people feeling 'Drop

Dead Gorgeous'

What people say about Jean-Pierre

Initially I got in touch with JP when I needed to get ready for a part in Pirates of The Caribbean 4 – On Stranger Tides. I only had three weeks to get in shape and JP helped me prepare myself physically and mentally. I got what I wanted and needed and therefore, having finished with that film, I'm back to train with JP to get ready for my next project.

Not only does JP provide me with a professional business relationship, but we've also become good friends, so even though his training is tough at the same time it makes it very enjoyable to work out with your best mate.

JP is a very good trainer and he's exactly what I need personally, so if that's what you're looking for then he's the man for it.

- Sam Claflin

Jean-Pierre made me realise that life is too short to stand still and wonder what the hell just happened around me! Life is all about making things happen out of nothing and about taking your tiniest dream and turning it into a plan. I now have the belief that anything is possible and I have him to thank for that, because in the end life is what we want it to be and it starts with self-belief.

- Paul Sweet

Jean-Pierre is an exceptional trainer. He works hard, his clients work hard but he invariably leaves you smiling at the end. He is the kind of trainer that can improve your appearance without making you feel anything but good about the way you look from start to finish, and he has the magical gift of making someone laugh, even in the midst of pain.

Jean-Pierre is dedicated and reliable – not many people could be “up” and ready to focus on someone else at 6:00 am every morning but JP makes it seem easy. On top of all that, he is always ready with nutritional advice that really makes a difference. When he suggested that I move to a high-protein, low-carb diet with essential oil supplements, I lost 3kg within a few months – exactly hitting my personal target weight and losing those last few pounds that exercise alone had not been able to shift.

I have worked with a number of top personal trainers over the past 4 years. Jean Pierre is very different from the others – it never gets boring and I’m always made to feel special.

Many women in my situation, at 40 years old, would have to face the unpalatable fact that their figures and their appearance were beyond transformation or, at least, that the necessary investment to achieve that goal was too time-costly to be worthwhile. With JP, somehow, I can both keep and improve my figure with only 3 sessions a week.

I have recommended Jean-Pierre to all my friends.

I have also asked him to train my 5-year-old son to kickbox. I don’t believe

a recommendation comes higher than that!”

- Dr Joanna Perkins

I have been working in the City of London for 14 years and for the same company the past ten years and felt pretty stagnated and deeply unhealthy. I had got myself in a rut of focusing entirely on business and leaving little room for thinking at all about my future.

As soon as I decided to choose a personal trainer and found JP, I felt like I found a trainer, friend and confidante all in one. He focused on my goals and the future, not just in the gym, but in life. He is the single best thing that has happened to me in the past 12 months!

I started from a very low point in basic fitness and was stiff and had the worst diet, so even thinking about one hour in the gym filled me with fear! JP did the impossible and has made going to the gym fun and purposeful. I am continually learning new things – low GI, protein diet – how these changes impact your metabolism and encourage weight loss. The most interesting aspect is gaining an understanding of how working out helps how you work in daily life, act in general, and improves just about everything.

In the beginning, it was difficult to stick to a timetable but I persevered and I am very glad I did. JP has taught me to change my mindset and incorporate the gym into a daily routine. This is a dramatic change for me, and one that I am determined to stick with. I love boxing!

Also, when you start changing things for the better about yourself, it can be quite emotional and JP listens and talks to help you deal with things much more easily. After training with him I feel energised and determined to get even healthier. The sessions kick-start positive vibes which help in daily life. JP gives masses of very useful, practical and inspirational advice. He incorporates his training into all aspects of life – getting healthier, focusing on “you” more, eating better foods. After a while, I understood that this can become a way of life and that a healthy, fitter me is a much happier me!

He is so energetic, happy and fun. He has a unique, caring ability and is incredibly good at what he does. Physically, I have lost almost 7 kilos in 3 months. Mentally, the training sessions enabled me to focus much more on me, and as a result, I became a lot better at my job and then had the confidence and impetus to successfully move to a new job.

Quite simply, JP has changed my life for the better. He is an unforgettable character and one I wholly recommend incorporating into your own life.

- Heather Salmond

JP overheard me saying I wanted to try out boxing as a way to keep fit. I had a 30 minute session to see if it would be something I wanted to do, and enjoyed it so much I signed up for his program straight away!

Health wise I wasn't that happy. I had not felt fit for a long time and never really enjoyed going to the gym.

Training with JP has been really rewarding. It's hard work that's for sure and he definitely pushes me to my limits but at the same time it's easily the most fun I've ever had going to the gym.

The most interesting thing about the training is that after about 3 months I don't think I've had two sessions that were the same! We're always doing different things, whether it is different boxing combos or core strength exercises. The variety keeps things interesting and keeps me on my toes. The hardest thing about training is in the final 10 minutes or so of a session where I am exhausted but still have to find the energy to punch or exercise.

Doing rounds of body sparring was really good fun because it feels like you're in a real boxing match. Also I've really enjoyed some of the 'gloves off' exercises we do which are about building strength and stamina. I always feel exhausted after each session – far more than I ever did training by myself. Now I feel great – lighter, fitter and healthier – but as JP keeps reminding me there is a long way to go yet!

I managed to lose about 10lb in no time at all. I went from being able to do 1 set of 4 press ups to 3 sets of 15 and all my friends/family noticed the change in my body shape.

I would recommend JP's program to anyone. The results I've achieved speak for themselves and I've had a lot of fun along the way. I used to dread going to the gym and never saw any benefits but now that's completely turned around!

- Mike Cane

I have been a gym regular for over 7 years now. For the first 6 years, there was limited visible difference in terms of definition and significant weight loss. In the past 4 to 5 months of training with Jean-Pierre, I have lost over 10kg - still counting - and a few inches. Apart from the obvious weight loss, my strength and motivation have also improved significantly. Diet and nutrition have both improved, my blood pressure is lower and I have stopped smoking!

- Chris Dorman

Put simply, JP has changed my life. I have achieved things I never thought possible. I have broken down my mental barriers and not only reshaped my body but also my outlook on life.

The advice and coaching JP offers in his book will take you on more than just a physical journey – it really is about changing your mindset and if you let it, your whole life.

- Dr Sarah Thomas

Training with Jean-Pierre has not only given me fantastic results and a whole new feeling to the way I approach fitness, staying healthy and my lifestyle, he also makes training a lot of fun. I look forward to every session.

- Sally Jewell

Jean Pierre loves what he does and his enthusiasm is infectious. If you are looking for someone to motivate you to hit your physical and nutritional goals, I could not think of anyone better.

- Heather Orton

Peace One Day

In 2010 I attended a speaking event where one of the speakers was Jeremy Gilley. After hearing him speak and watching the videos about Peace One Day it broadened and deepened my understanding and views on Peace and what is possible if each one of us does what we can to make a difference.

Jeremy Gilley is an actor turned filmmaker, who in the late 1990s became preoccupied with questions about the fundamental nature of humanity and the issue of peace. He decided to explore these through the medium of film, and specifically, to create a documentary following his campaign to establish an annual day of ceasefire and non-violence. In 1999, Jeremy founded Peace One Day, a non-profit organisation, and in 2001 Peace One Day's efforts were rewarded when the member states of the United Nations unanimously adopted the first ever day of global ceasefire and non-violence on 21 September annually – Peace Day. In 2007 Jeremy and Peace One Day ambassador Jude Law travelled to Afghanistan to spearhead a campaign that has resulted in 4.5 million children being vaccinated against polio in hitherto unreachable areas as a result of Peace Day agreements by all parties to conflict in the region in 2007/8/9.

In 2010, millions of people were active on Peace Day, in all 192 UN member states, and 28 organisations carried out 88 humanitarian activities across 31 countries. For Peace Day 2010, in Afghanistan WHO/UNICEF/Afghan Ministry of Public Health vaccinated over 50,000

children and women in 23 locations against all vaccine-preventable diseases. They also launched a nationwide polio campaign targeting 8 million children across the country.

With the day in place Peace One Day is working to institutionalise Peace Day, making it a day that is self-sustaining. The next stepping-stone on this journey is to reach 3 billion people with the message of Peace Day. Peace One Day is calling for and working towards a day of ceasefire and non-violence – a Global Truce. POD hopes that this will be the largest reduction in global violence in recorded history.

To get involved go to www.peaceday.org What will you do to make peace on 21 September?